



## HOMES- Nutrition and Physical Activity

Level 1	Level 2	Level 3	Level 4	Level 5
<p><b>Institute of Child Nutrition</b> online training: Serving Safe Food in Child Care 4 Lessons  <a href="http://www.nfsmi.org/ResourceOverview.aspx?ID=305">http://www.nfsmi.org/ResourceOverview.aspx?ID=305</a></p> <p><b>OR</b></p> <p><b>Iowa State University Extension:</b> Food Safety Lessons, 4 Lessons (maintained copy of quizzes when completed).  <a href="http://www.extension.iastate.edu/foodsafety/content/food-safety-lessons">http://www.extension.iastate.edu/foodsafety/content/food-safety-lessons</a></p> <p><b>OR</b></p> <p><b>ServSafe</b></p> <p><b>OR</b></p> <p>Minimum of 4 hours professional development in Food Safety by an approved training organization not previously identified.</p> <p><b>AND</b></p> <p><b>Let's Move Assessment</b></p>	<p><b>Participation in CACFP</b></p> <p><b>OR</b></p> <p><b>CACFP Meal Pattern and Menu Planning Training<sup>1</sup></b></p> <p><b>AND</b></p> <p><b>Infant Meal Pattern and Infant Feeding (if infants are enrolled)<sup>2</sup></b></p> <p><b>AND</b></p> <p><b>Let's Move National Childcare Goals Regarding Beverages (must complete all 6):</b></p> <ol style="list-style-type: none"> <li>1. Have water visible and available inside and outside for self-serve at all times</li> <li>2. Serve children two years and older only 1%, skim or non-fat milk.</li> <li>3. For children one to two years old, serve whole milk.</li> <li>4. Infants receive only breast milk and/or formula.</li> <li>5. Serve only 100% fruit juice.</li> <li>6. Serve juice no more than one time per day.</li> </ol>	<p><b>Required Participation in CACFP</b></p>	<p><b>Required Participation in CACFP</b></p> <p><b>AND</b></p> <p><b>Choose 1 activity of 11 options below</b> or select from Level 2 not previously completed:</p> <ol style="list-style-type: none"> <li>1. NAP SACC</li> <li>2. Farm to Child Care Activity<sup>^</sup></li> <li>3. Healthier CACFP Award for home providers – choose one area (menus, physical activity, nutrition education and environment)</li> </ol> <p><b>Let's Move National Childcare Goals<sup>2</sup>:</b></p> <ol style="list-style-type: none"> <li>4. Serve all meals family style, as applicable to the age</li> <li>5. Offer fried or pre-fried potatoes no more than once a month.</li> <li>6. Serve fried and breaded meats no more than once a month</li> <li>7. Serve a fruit and/or a vegetable at every meal.</li> <li>8. Screen Time</li> <li>9. Breast Feeding</li> </ol>	<p><b>Required Participation in CACFP</b></p> <p><b>AND</b></p> <p><b>Choose 2 activities – 1 nutrition and 1 physical activity from Level 4 not previously completed</b></p>

	<p><sup>1</sup>CACFP Steps to Success Module 2 available on-line with certificate</p> <p><sup>2</sup>CACFP Module 15 available on-line with 2 certificates</p> <p>Documentation is menus or policy to show implementation of practice</p>		<p>Support</p> <p>10. Physical Activity</p> <p>11. Complete applicable sections of BMER (Building Mealtime Environments and Relationships)</p> <p>12. DE Online Training Modules (choose one):</p> <ul style="list-style-type: none"> <li>• Healthy Menu Makeover</li> <li>• Meaningful Mealtimes</li> <li>• Farm to CACFP</li> <li>• Trying New Foods</li> <li>• Nutrition Education in the Child Care Setting</li> <li>• Providing Opportunities for Active Plan</li> </ul> <p>(certificate is documentation of completion)</p> <p><sup>2</sup> Documentation is menus or policy to show implementation of practice.</p>	
--	---	--	--	--